The Big Five Model of Personality

Emotional Stability

Emotional Stability refers to one’s proneness to negative emotions and anxiety. More resilient persons (high on emotional stability) are less prone to experiencing negative reactions. More reactive persons (low on emotional stability) are more prone to experiencing negative reactions.

Extraversion

Extraversion refers to the number of relationships with which one is comfortable. High extraversion is characterized by a larger number of relationships and a larger proportion of one’s time spent in enjoying them. Low extraversion is characterized by a smaller number of relationships and a smaller proportion of one’s time spent in pursuing those relationships.

Openness to Experience

Openness refers to the number of interests to which one is attracted and the depth to which those interests are pursued. High openness refers to a person with relatively more interests and, consequently, relatively less depth within each interest, while low openness refers to a person with relatively few interests and relatively more depth in each of those interests.

Agreeableness

Agreeableness refers to one’s general interpersonal orientation. High agreeableness describes a person who reacts to others with warmth and will bend to avoid conflict. Low agreeableness describes one who, in the extreme, only follows one’s inner voice regardless of hurting others.

Conscientiousness

Conscientiousness refers to goal-directed behavior. High conscientiousness refers to a person who focuses intensely on his/her goals and exhibits the self-discipline associated with such focus. Low conscientiousness refers to one who is disorganized and distracted.

Definitions taken from:
TIPI: Ten Item Personality Inventory

Below are a number of personality traits that may or may not apply to yourself. Using the following scale, please indicate the extent to which you agree or disagree with each statement. You should rate the extent to which the pair of traits applies to yourself, even if one characteristic applies more strongly than the other.

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I see myself as:

1. Extraverted, enthusiastic _____
2. Critical, quarrelsome _____
3. Dependable, self-disciplined _____
4. Anxious, easily upset _____
5. Open to new experiences, complex _____
6. Reserved, quiet _____
7. Sympathetic, warm _____
8. Disorganized, careless _____
9. Calm, emotionally stable _____
10. Conventional, uncreative _____

Ten-Item Personality Inventory:

TIPI scale scoring (“R” denotes reverse-scored items): Extraversion: 1, 6R; Agreeableness: 2R, 7; Conscientiousness: 3, 8R; Emotional Stability: 4R, 9; Openness to Experiences: 5, 10R.